



HEAVY HOUSE

5 MISTAKES KEEPING YOU FROM REAL RESULTS

A free guide for anyone tired of guessing what actually works.

You're not lazy. You're not lacking willpower. You're probably just stuck in one (or all) of these five traps — and once you see them, they're easy to fix.

01 Doing too much, too soon

6 sessions a week from day one feels motivated — until week 3, when you're burnt out and back to zero. Real results come from a starting point you can actually sustain, then building from there. Slow and steady beats fast and finished.

02 Treating food as “good” or “bad”

Rules don't work long-term — willpower runs out. What works is a system built around your real life, not your best day. The plan should survive a busy week, a birthday dinner, and a bad sleep — not just collapse the moment life happens.

03 Ignoring sleep and recovery

You can train perfectly and still stall — because the workout isn't what builds you, recovery is. Training breaks the body down; sleep and recovery are what rebuild it stronger. Skip that part, and you're working against yourself.

04 Measuring progress only by the scale

The scale doesn't see strength gained, energy improved, or body composition shifting. Plenty of people quit right before real change shows — because they were only looking at one number that wasn't telling the full story.

05 Chasing perfection instead of repeatability

One missed session or one “bad” meal doesn't undo progress — quitting because of it does. The people who actually transform aren't the most disciplined — they're the ones whose plan survives real life, week after week.

THE PATTERN?

None of this is about trying harder. It's about having a plan built around your actual life — not a generic template.

If this resonated, let's talk.

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